

Sharon Troxler's Marinated North Carolina Shrimp

2 lbs. peeled and de-veined North Carolina medium shrimp
1 bottle Italian dressing
1 bottle Zesty Italian dressing

Marinate the shrimp overnight or 24 hours. Then place on skewers or in a grilling basket. Grill on each side 1-2 minutes until pink.

Becky Troxler's Plantation Stuffed Peppers

1 lb. ground beef
1 1/2 c. cooked rice (Uncle Ben's Converted Rice)
1 c. chopped onion
1/2 lb. sharp cheese
1 clove garlic (crushed)
2 cans tomato soup
2 tsp. chili powder
2 tsp. salt
11 North Carolina Peppers

Brown beef, onion and garlic. Add seasonings and tomato soup and simmer covered 10 minutes. Add rice and cheese stir until cheese melts - cool.

Cut peppers in half lengthwise removing the seeds ribs. Cook in salted boiling water about 3 minutes. Drain and cool.

Stuff peppers - Bake about 25 to 30 minutes covered with foil.

These peppers freeze well. To cook after freezing - partially thaw. Bake at 350 degrees for 45 minutes covered with foil.

Butter Beans

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Dixie Lee Field Peas or Purple Hull Peas

The only difference between cooking butter beans and peas is the seasoning. I season my peas with bouillon instead of margarine.

Cook in a large pot even for a small amount of butter beans/peas because they will boil over. Shell your beans or peas and wash them several times. Put beans into your pot and fill with water. Bring them to a boil and cook on med-high for 1 to 1 1/2 hours. After the first hour, add 3 tablespoons margarine or bouillon, salt and pepper. Once they are done, remove them from your pot with a slotted spoon. Then add just a little of the water to the serving bowl with the beans.

New Potatoes

Wash the potatoes very well. If you prefer, you can peel them but I think they are better with the skin on. Place your potatoes in a pot and cover with water. Bring to a boil and add margarine, salt and pepper. Cook for about an hour or until a fork pierces them easily. Remove from the pot with a slotted spoon and serve.

String Beans

Snap off the ends of the beans and discard. Then snap your beans to the desired length, one to two inches. Wash your string beans several times. Put them into your pot with about 2 cups of water and bring to a boil. Then cut the heat down to medium and cook for 1 ½ to 2 hours. Let the water cook down and almost out. Add a beef bouillon cube after the first hour of cooking. Drain all the water off and add salt right before serving.

Squash and Onions

Wash 5-6 medium squash and cut off both ends. Slice down the squash making ¼-1/2 inch rounds. Cook in water until tender about 15 minutes. They are ready when you stick a fork in them and they fall apart. Drain the squash and set aside.

In a frying pan, put in 3-4 Tablespoons of margarine, 1 large sweet onion cut up and sauté. Add drained squash and turn up heat to get the squash to start frying. You will have to stir often because they will stick to the pan. Cook until they are a little brown.

Corn off the cob

Shuck, silk and wash your corn. Cut the corn off the cob and cook in just enough water to cover the corn. Bring to a boil. Keep an eye on this so the water doesn't boil out and the corn doesn't stick. Add 3-4 Tablespoons of margarine, salt and pepper. Boil for 30-40 minutes.

Corn on the cob

Shuck, silk and wash your corn. Put in a large pot and cover with water. Boil for 8-10 minutes. Remove from the pot and add butter, salt and a little pepper.